

### Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

### Listing of Claims:

1. (Currently Amended) ~~A Retrofit~~retrofit kit for a training device~~(1)~~, the training device being adapted to be operated by a training force ~~(T)~~ applied by an individual ~~who is training and~~ having at least one training weight to produce a counter-force ~~(G)~~ opposing the training force due to the at least one training weight, ~~(T) by means of a training weight (7), which is formed from one or a combination of many single weights (8), wherein the retrofit kit comprises~~comprising:

\_\_\_\_\_-an oscillation generating device ~~(3) which is adapted to be fitted to the training device (1) and to generate an oscillation acting on and modulating the counterforce, (G), characterised in that the oscillation generating device (3) is being~~ formed as a single weight ~~(8)~~.

2. (Currently Amended) ~~Retrofit~~The retrofit kit according to Claim 1, ~~characterised in that~~wherein the oscillation generating device ~~(3) is adapted to be~~ fitted to ~~be~~ the at least one training weight ~~(7)~~.

3. (Currently Amended) ~~Retrofit~~The retrofit kit according to Claim 1 ~~or 2~~, ~~characterised in that~~wherein the oscillation generating device ~~(3) is adapted to be~~ positioned on the at least one training weight ~~(7)~~.

4. (Currently Amended) ~~Retrofit~~The retrofit kit according to ~~one of the aforementioned claims~~Claim 1, ~~characterised in that~~wherein the oscillation generating device ~~(3) is arranged on the~~positioned along a path of the training force, the path extending ~~(T) to a force generating device (2) which produces the counterforce.~~

5. (Currently Amended) ~~Retrofit~~ The retrofit kit according to ~~one of the~~ one of the ~~aforementioned claims~~ Claim 1, characterised in that ~~wherein~~ wherein the counterforce (G) is passed transferred through the oscillation generating device ~~(3)~~.

6. (Currently Amended) ~~Retrofit~~ The retrofit kit according to ~~one of the~~ one of the ~~aforementioned claims~~ Claim 1, characterised in that ~~the sections~~ wherein a portion of the oscillation generating device ~~(3) which is adapted to be fitted to the training device (1) and is adapted to be moved under the action of~~ in response to the training force, the portion of the oscillation generating device has a mass ~~(T) exhibit a weight which essentially corresponds to one single weight that is substantially equal to a mass of one or more separate weights (8) or an integer multiple of it~~ the at least one training weight.

7. (Currently Amended) ~~Retrofit~~ The retrofit kit according to ~~one of the~~ one of the ~~aforementioned claims~~ Claim 1, characterised in that ~~wherein~~ wherein the oscillation generating device (3) ~~comprises a~~ is configured to periodically moving-move a drivable oscillation mass ~~(15)~~.

8. (Currently Amended) ~~Retrofit~~ The retrofit kit according to ~~one of the~~ one of the ~~aforementioned claims~~ Claim 7, characterised in that ~~wherein~~ wherein the oscillation generating device (3) comprises at least one rotary motor, ~~(16), which is~~ the at least one rotary motor is adapted to oscillate the drivable set the oscillating-oscillation mass (15) into an to produce a selected oscillating movement.

9. (Currently Amended) ~~Retrofit~~ The retrofit kit according to ~~one of the~~ one of the ~~aforementioned claims~~ Claim 1, characterised in that ~~wherein~~ wherein the oscillation generating device (3) comprises a control device (10), ~~which is adapted to change the~~ an oscillation amplitude and / or oscillation frequency produced by the oscillation generating device ~~(3)~~.

10. (Currently Amended) ~~Retrofit~~The retrofit kit according to ~~one of the~~  
~~aforementioned claims~~Claim 1, characterised in that wherein the oscillation generating device (3)  
is ~~configured as an essentially~~a generally disc-shaped dumbbell weight.

11. (Currently Amended) ~~Training~~A training device, (1) ~~comprising:~~  
~~\_\_\_\_\_ with an actuating element (4), which is adapted to introduce a training force (T) produced~~  
~~by an individual who is training into the training device; (1) and with~~  
~~\_\_\_\_\_ a force generating device (2), comprising an oscillation generating device adapted to~~  
~~produce an oscillation; and~~  
~~which is adapted by means of \_\_\_\_\_ a training weight (7), which is configured from comprising~~  
~~one or more individual a combination of many single weights (8); to that~~ generate a counterforce  
(G) acting against the training force (T) and with an oscillation generating device (3), ~~which is~~  
~~adapted to produce an~~ the oscillation generating device operable to produce an oscillation acting  
on the counterforce (G) and superimposed on the counterforce (G), characterised in that wherein  
the oscillation generating device (3) is ~~formed as a single weight (8).~~

12. (Currently Amended) ~~Training~~The training device (1) according to Claim  
11, characterised in that wherein the oscillation generating device (3) is ~~arranged~~encoupled to a  
region of the training device (1) configured to be moved by the training force (T).

13. (Currently Amended) ~~Training~~The training device (1) according to Claim  
11 or 12, characterised in that wherein the oscillation generating device (3) ~~exhibits~~includes a  
~~moving driven~~movable oscillating mass (15).

14. (Currently Amended) ~~Training~~The training device (1) according to ~~one~~  
~~of the Claims~~Claim 11 to 13, characterised in that wherein the training device (1) is configured  
as a dumbbell in which the oscillation generating device (3) is integrated.

15. (Currently Amended) ~~Training~~ The training device (1) according to Claim 14, ~~characterised in that~~ wherein the dumbbell (1) is provided with contacts (21) via which an energy supply device of the oscillation generating device (3) can be recharged.

16. (New) The training device of Claim 1, wherein the oscillation generating device has a shape similar to at least a portion of the at least one training weight.

17. (New) The training device of Claim 11, wherein each of the weights of the training weight is a plate having a shape similar to the oscillation generating device.